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Plant power

Forget detox. Recipes to boost your immunity this winter. PAGE 19

NEWS WORTH SHARING.

Blizzard causes chaos for T.O. travellers

Weather. Airlines call for patience as winter storm wallops the East Coast

GILBERT NGABO
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Pearson airport is bracing for a rocky week as a blizzard rocks Eastern Canada and the Northeastern U.S.

Nearly 200 of the 1,461 arrivals and departures scheduled for Tuesday had already been cancelled on Monday evening. It's a number that will rise if the storm — expected to dump up to a metre of snow in some spots — packs the punch that's been forecast.

So what's a weary winter traveller to do? Check, double- and triple-check schedules — and do it well in advance.

"The best thing for travellers is to contact their airlines in advance to discuss their options," said Corrinne Madden, senior communications adviser at Pearson.

Patience — a lot of it, unfortunately — is mostly what will be required, she added.

Even before the worst of the storm started to hit, the airport was feeling the effects. More than 1,500 flights were scheduled to fly in and out on Monday. By mid-afternoon, close to 100 of them had already been cancelled, most between Toronto and New York — both LaGuardia and JFK — as well as Boston, Newark, Philadelphia and Baltimore.

Some cancellations affected the Maritimes, especially Halifax and Moncton.

As of Monday evening, WestJet alone had cancelled 28 flights bound for New York City through Thursday as a pre-emptive measure.

It's difficult to predict when operations will return to normal. It all depends on how much snow actually falls and how long it takes to clean up, said Robert Palmer, public-relations manager at WestJet.

"When flights are cancelled resulting in a backlog of travellers, once flights resume it often takes at least a few days to clear that backlog," he said.

Porter Airlines, like the others, was watching and waiting Monday, cancelling at least two-dozen flights.

"We are really just in a situation where things are being monitored and adjustments will be made as necessary," said Brad Cicero, Porter's director of communications.

More on the winter storm, page 11

On the local front

Environment Canada doesn't expect the blizzard to hit Toronto: the forecast calls for only light snow later in the week.

People cross a snow-covered street in New York City's Times Square on Monday as a winter storm wallops the East Coast. JEWEL SAMAD/GETTY IMAGES

DANCE LIKE NO ONE'S LISTENING

Lua Shayenne leads the deaf and hard-of-hearing dance class at Northern Secondary School in Toronto on Jan. 20. The unique program is breaking down what some might wrongly assume is an insurmountable barrier to the joy of dancing: impaired hearing. Story, page 9. MARTA IWANEK/TORSTAR NEWS SERVICE

On January 28

put a little

into somebody's

day

January 28 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

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Clara Hughes

Bell Let's Talk

bell.ca/letstalk

*Regular long distance and text message charges apply.

Power play your hockey pool

Research. U of T fellow charts the chemistry of hockey players using NHL statistics

GILBERT NGABO
gilbert.ngabo@metronews.ca

Matthew Brown CONTRIBUTED

Entering a hockey pool?

A University of Toronto postdoctoral fellow has a new tool that could boost your chances of coming out on top.

Matthew Brown has made an interactive chart that, in essence, shows the chemistry between players.

Using game data available on the NHL's website, the graphic shows the likelihood of a goal when a specific player gets an assist from another specific player on his team.

As the user hovers the mouse over a player's name on the diagram, different lines appear, pointing to other players with whom they have had assist-goal combinations. The thicker the line, the more success registered between the two.

You can also see the number of goals and assists between the two players by just hovering over the line that connects them.

"This tool can be useful for people who make player pools," Brown said. "If you want to play Sidney Crosby, you can directly see which players on the team feature well with him."

Brown started off by analyzing the Montreal Canadiens, his favourite team, before expanding and including all teams in the league.

He's already thinking of ways to improve the tool.

"My next step is to normalize it for 60 minutes," he said, in the hopes that could help make decisions on how long a player should be in the game to have more success either in scoring or assisting.

Depending on interest, Brown may expand his tool to apply the same metrics to other sports.

Four hot combos

Based on Matthew Brown's analysis of players' on-ice chemistry, here are some winning NHL duos:

- **Maple Leafs.** Phil Kessel has scored nine goals on nine assists from James van Riemsdyk. Kessel has also dished out nine assists to van Riemsdyk's nine goals.
- **Montreal Canadiens.** Andrei Markov has recorded seven assists on P.K. Subban's seven goals. In return, Subban also passed two assists that resulted in Markov's two goals.
- **Chicago Blackhawks.** Mariam Hossa assisted on teammate Brandon Saad's seven goals, while Saad himself recorded four assists that resulted in Hossa's four goals.
- **Los Angeles Kings.** Anze Kopitar has assisted Marian Gaborik on his nine goals, while Gaborik also distributed six assists leading to Kopitar's six goals.

Three-year-old dead from common infection

A three-year-old boy died at home in Toronto over the weekend after contracting a common bacterial infection.

The boy attended Woodfield Daycare, near Queen Street E. and Greenwood Avenue, but Toronto Public Health says there is no immediate threat to other children at the daycare.

"There's a very, very small chance of another case," said Dr. Rita Shahin, a public-health physician with the city.

Shahin says the infection that led to the boy's death was invasive group A streptococcal disease, caused by the same bacteria that causes strep throat.

"Most people (who contract the bacteria) don't get sick, but if people do get sick they have mild illness like strep throat or a skin infection," Shahin said.

It's "quite rare" for the bacteria to have more severe effects such as meningitis, toxic shock syndrome or flesh-eating disease, she said.

Young children, the elderly and those who have compromised immune systems are more at risk for the infection to become invasive. Toronto had 156 invasive forms of the infection last year, with 23 deaths (15 per cent). The average age of death was 65, according to Shahin.

She added that the bacteria is so common "it's very hard to pinpoint (from) where someone acquired it."

Toronto Public Health warned parents and staff at the daycare to watch for symptoms, which can include fever and sore throat.

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Faculty at U of T college inch towards strike

Less than a week after teaching assistants and contract faculty at York University raised the threat of a strike, faculty at the University of Toronto took another step toward the picket line Monday.

The University of St. Michael's College could face a lockout or strike situation amid stalled negotiations with the University of Toronto Faculty Association.

"What we are concerned about is job security for our faculty who teach in the arts and science programs," said Michael Attridge, lead negotiator for the faculty.

"Job security at the university is intended to protect academic freedom. A weakening of job security for faculty at the University of Saint Michael's College could possibly have a wider effect on the University of Toronto or in the university sector," he added.

The union also wants "fair and equitable monetary settlement," he said.

The college could not be reached for comment as of press time.

Talks that began in June have so far yielded no agreement, which led the Ministry of Labour to issue a "no-board" notice — effectively giving both sides the legal right to a lockout or strike as early as Feb. 6.

In December, unionized staff voted 100 per cent in favour of authorizing a strike if talks fail.

That could impact many of the college's 4,800 students, who rely on its 17 unionized graduate and undergraduate faculty and librarians. But Attridge said the rest of the university's more than 2,000 faculty members will be watching.

"These are important issues because we work closely with our colleagues at the University of Toronto, and often times issues that affect one group affect another group," he said.

ROSEMARY WESTWOOD/METRO

Dr. Claudio Soares and an unidentified woman leave a disciplinary hearing at the College of Physicians and Surgeons of Ontario on Monday.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Sex-abuse claims dismissed against psychiatrist

College of Physicians hearing. Complainant's refusal to testify puts end to three-year saga

In a rare move, the province's regulatory board has dismissed allegations of professional misconduct against a Hamilton psychiatrist who allegedly sexually abused a female patient.

The College of Physicians and Surgeons of Ontario made its decision Monday after the complainant failed to appear at the hearing or provide any evidence, putting an end to a nearly three-year ordeal that saw Dr. Claudio Soares resign from a prestigious position in Alberta mere weeks after his appointment.

Soares sighed, shook hands with his lawyers and kissed his wife after the four-member disciplinary committee announced their decision to dismiss the allegations after an hour and a half of deliberation.

The hearing, scheduled to last four days, was cut short after the complainant, whose identity is protected by a publication ban, refused to testify. Her doctor had requested that she be relieved of her duty as a witness, advising the panel that testifying would be detrimental to her health. The doctor also said that delaying the hearing would not lessen the impact on her health, said college lawyer Morgana Kellythorne.

The college issued a hearing notice in July 2012 alleging that Soares had a sexual relationship with a female patient.

The notice said the relationship occurred between November 2007 and May 2009, when Soares was teaching at McMaster and acting as the director of the Women's Health Concerns Clinic, which is affiliated with the university. It also barred Soares from treating female patients unless he was chaperoned by a female doctor.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

The allegations

At an initial hearing in August 2013, Soares pleaded not guilty to the allegations of wrongdoing against the patient, which included touching of a sexual nature, behaving and making remarks of a sexual nature, kissing, fellatio of Soares, sexual intercourse and/or other forms of physical sexual relations.

New stores

Uniqlo the latest Japanese retailer coming to Canada

Japanese retailers seem to be having a moment in Canada.

Uniqlo announced Monday it will open stores at Yorkdale Shopping Centre and Toronto Eaton Centre in 2016, promising a range of comfortable, quality clothing in natural and technical fabrics at reasonable prices.

It's looking to Vancouver as a possible second market in Canada.

In November, Japanese retailer Muji, which sells clothing, linens, stationery and storage systems, opened a 4,000-square-foot store off Dundas Square to an Apple-like reception.

TORSTAR NEWS SERVICE

Stonemill's gender-based breads stir controversy

Diet. 'Light-textured' loaf for women, 'hearty' version for men are part of a new food trend

A Canadian bakery is stirring up controversy with a pair of gender-based bread loaves — one made and labelled for women, the other for men — that have hit the shelves of local Loblaws, Sobeys and No Frills locations.

Stonemill Bakehouse, a Toronto-based bakery, is selling "milder," "light-textured" hemp and quinoa bread stuffed with vitamin D and calcium and packaged in a pink-accented bag for women. A matching "hearty" barley and rye version with protein and fibre is targeted at men.

The products signal an emerging trend of gearing food toward specific genders, say experts, who have noticed everything from chocolate to protein bars being made and marketed for men or women. This has prompted criticism on social media, with questions raised about the morals and motivation behind gender-based foods or even the need for them.

His and hers ... pens?

Last year, talk-show host Ellen DeGeneres took aim at a set of "for her" pens released by Bic. The pens — advertised as having a "thin barrel to fit a woman's hand" and an "elegant design — just for her!" — came in pastel pink and lavender.

Others, such as University of Toronto sociology professor Shyon Baumann, take issue with the use of "hearty" and "mild." Baumann claimed the terms reinforce "pre-existing stereotypes about women's taste and men's taste."

But Stonemill president Gottfried Boehringer said that wasn't the intention. He said the breads were formulated to address "nutrient needs."

"The dietary needs for men and women are slightly different, and these breads were created to reflect those differences in terms of nutrients," Boehringer wrote.

"While both breads are high in protein, fibre and non-GMO (not genetically modified), the women's bread was formulated to be a source of calcium, vitamin D and iron, while the men's bread is a source of zinc and magnesium."

TORSTAR NEWS SERVICE

Stonemill Bakehouse has put out one kind of bread labelled for men and one for women. TORSTAR NEWS SERVICE

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Wonder Pig living Happily Ever Esther

Esther The Wonder Pig and her two owners Steve Jenkins and Derek Walter. Esther has 17,500 followers on Twitter. ERIC RIEHL/TORSTAR NEWS SERVICE

Esther the Wonder Pig has quickly disproved the theory that it's a dog's life.

She has her own single bed, a jar of Scotch mints all to herself, bumper stickers, a full-colour calendar and best of all the love of two daddies under one roof. Yes, she's living the dream at her new home in rural Campbellville, where her owners, Derek Walter and Steve Jenkins, will open a farm-animal sanctuary this summer.

Happily Ever Esther — the name of the sanctuary — was made possible by their pet pig's celebrity status.

Buying the farm

$400K

Jenkins and Walter knew they'd have to come up with more than $400,000 in just a few short months to make the farm purchase possible.

Esther became an Internet sensation shortly after Jenkins and Walter, then living in a quiet Georgetown neighbourhood, realized she wasn't the "tea-cup pig" they thought they were adopting.

That was 2012. Esther now weighs 670 pounds and spends her days lounging around the house, along with two cats, two dogs and four rabbits.

The owners realized they had no choice but to move to a farm — and the search was on.

Today, Esther's owners believe she came to them because they were meant to open a sanctuary for farm animals, share Esther's story and perhaps open the eyes of people around the world toward a more compassionate view of animals.

Esther has her own non-fiction hard-cover book coming out later this year, along with publicists and lawyers to handle it. Her fans sought more — they wanted to donate to help Esther and the cause. "Peace, Love, Esther" quickly became Jenkins and Walter's motto. They opened an online store, selling shirts, sweatshirts, mugs and more. TORSTAR NEWS SERVICE

Debate surrounds high GTA home prices

Housing. Some experts say land-use policies are to blame, others see an issue of supply and demand

JESSICA SMITH CROSS
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A study placing Toronto yet again among the least affordable housing markets in the world has raised a debate about whether or not Ontario's Greenbelt is to blame for sky-high house prices.

On one side, there's the head of an American think-tank who describes himself as "pro-choice" on the issue of urban sprawl; on the other, there's a pro-densification and transit building philosophy shared by Toronto's chief planner and the Pembina Institute.

The 11th Annual Demographia International Housing Affordability Survey ranks Toronto 74 out of 86 major global cities in its "affordability index," which compares median house prices to median income.

The conclusion the author draws is that land-use policies, like Ontario's Greenbelt plan, make cities unaffordable and its residents poorer.

Wendell Cox, an American urban planner and the author of the report, argues it's an issue of supply and demand: The Greenbelt policy makes less land available for development, which makes the price of available land, and the houses on it, more expensive.

"The fact is, all economics teaches is that if supply of a wanted good or services is limited, the costs will tend to go up, all other things being equal," he said.

Cox said all of the cities that are not affordable had land-use plans that restrict growth, or sprawl, and those that are affordable don't.

Detroit is most affordable, followed by Rochester, Buffalo, Cleveland and Cincinnati. Hong Kong, then Vancouver, Sydney, San Jose and San Francisco are the most expensive, by the same ranking.

The 11th Annual Demographia International Housing Affordability Survey ranks Toronto 74 out of 86 major global cities in its "affordability index," which compares median house prices to median income. City of Toronto chief planner Jennifer Keesmaat, pictured, argues the report is flawed in a series of tweets. COLIN MCCONNELL/TORSTAR NEWS SERVICE

The ranking is often reported widely in cities around the world.

Cox said he's been devoted to this issue for years, out of concern on the impact rising home prices have on making people poor. His biography includes a life of work for conservative American causes arguing for building roads and suburbs against most forms of public transit and dense urban planning.

The ranking, and a news story based on it, caught the ire of Toronto's chief planner, Jennifer Keesmaat, who argued, in a series of tweets, that it's flawed: It misses how houses are unaffordable in dense walkable areas that are considered highly desirable, but affordable and less desired on the car-dependent edges where the high cost of transportation must also be taken into account.

The Pembina Institute studied the impact of the Greenbelt on housing prices and found Cox's argument is too simple.

"We don't believe it's a lack of land issue," said Cherise Burda, Ontario director of the Pembina Institute. "Instead, it's a policy issue."

Quoted

"The fact is, all economics teaches is that if supply of a wanted good or services is limited, the costs will tend to go up ..."

Wendell Cox, author of the report

The Pembina Institute authored a report that found there is no shortage of the developable land in the Toronto area, like Cox suggests, but it's far from Toronto and other employment centres.

Homes are expensive near Toronto, because there are few single-family homes here and they're highly sought-after, she said.

Much of the new development is made up of small condos in downtown and large houses in the suburbs, but there's a lack of middle ground: mid-rises and townhouses in sought-after central neighbourhoods, which suit a broader range of families.

Female video game hero kicks butt — in 2025

Actress Elysia White plays the main character, Maxine, in Haphead, a science-fiction show set in a gritty, noir version of southern Ontario. CONTRIBUTED

A science-fiction show set in a gritty, noir version of southern Ontario is being released episode-by-episode online, and producers are hoping to build enough buzz to merit a second season.

It's called Haphead and the heroine, Maxine, is a young woman who plays video games so well she will literally kick the asses of her enemies: In 2025, a video game company has invented a game system so immersive and physical that gamers feel every punch and develop real muscles and martial arts skills.

2025 is just far enough into the future Maxine can be both really into video games and a young woman — and it's completely normal, said Haphead's creator, Toronto author and filmmaker Jim Munroe.

Jim Munroe
CONTRIBUTED

Munroe is also founder of Toronto's non-profit video game organization, the Hand Eye Society.

"Video games, to a certain extent, have been a boys' club," Munroe said in an interview with Metro. "I was interested in seeing what it would be like 10 years from now, and exploring that. A women or a girl being interested in games doesn't even incite any comment."

Maxine is played by Elysia White.

She's hoping Haphead takes off with teenage girls. "I want them to get rid of the Hannah Montana, Miley Cyrus stuff for a second and see a female roughly their age in a role of power."

Haphead has apparently raised the ire of some anonymous commenters on the Internet associated with the Gamergate movement, who are apparently upset by an unrelated controversy related to a real-life video game Overgrowth, which is featured in Haphead.

"There are all of these trolls, Internet warriors that are looking to find something wrong with it," said White.

"There are people who will message me and tell me how terrible an actor I am, but I am quite confident there are a lot more people who enjoy my performance, than the nameless usernames that didn't."

JESSICA SMITH CROSS/METRO

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Has the price of safety gotten out of hand?

BUDGET DECODER

Day 2. Crime has dropped over the last decade, but police spending hasn't

MATT ELLIOTT
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It's the same story every budget year.

I go through the standard City of Toronto budget information package and come across a couple of charts that raise my eyebrows.

They always have to do with the city's police budget. The city's 2015 budget is no different.

First, there's a graph showing that on a $2,655 municipal property tax bill, $662.12 goes straight to the Toronto Police Service. It's by far the biggest single line item we pay for.

Then there's another chart showing the factors that have caused the city's taxpayer-funded budget to grow over the last decade. Emergency services — primarily the police — account for 52.5 per cent of that growth.

These officers don't come cheap.

And it's impossible to have a real conversation about Toronto's municipal budget without acknowledging that. Most other city divisions have seen modest growth since amalgamation. But the police are different.

Even this year, where city finance staff have presented the police budget as coming with zero increase, you can expect to see an increase in total police spending. Those flat-lined budget figures don't take into account a new labour contract that will be signed with the police later this year.

Once that's tallied up, the budget is guaranteed to grow from the current $1.2 billion included in the city's 2015 draft spending plan.

There are a couple of ways to look at this.

The first is to say, well, we can't really put a price on safety. Toronto has a very low crime rate, especially relative to other cities our size in North America. So maybe that spending is doing something right.

Then there's the other view, which is to look at those huge numbers and eyebrow-raising charts and wonder, hey, how much is too much?

Because there's a real argument that says Toronto might have reached a tipping point on police spending. Criminal Code offences have dropped over the last decade, as have major crime indicators. In that environment, shouldn't police spending be going down?

It's a hard question, made even more complicated by the fact that about 90 per cent of the police budget goes straight to labour costs. There's no real way to reduce the police budget without talking about reducing the number of officers on city streets.

As a result, there's a tendency for politicians to just accept the status quo. No mayor or councillor wants to risk being seen as soft on crime. But that means few ever consider the alternative. After all, if Toronto wasn't consistently pumping up its police budget, there'd be more money for other things — like youth programs, child care or housing.

Would those investments have bigger benefits than a continually growing police budget?

Given the numbers, it's a question worth asking.

Protesters gather in front of Niagara Fall's Marineland amusement park to protest the captivity and care of the animals inside in May 2013. The province announced an overhaul of conditions for captive marine mammals Tuesday, which stems from a 125-page report by a team of scientists. TARA WALTON/TORSTAR NEWS SERVICE

Province to overhaul marine mammal rules

Animal welfare. Laws banning sale, breeding of orcas to be tabled

Quoted

"This is something that Ontarians expect and these animals deserve." Community Safety Minister Yasir Naqvi

The Ontario government will announce a massive overhaul of conditions for captive marine mammals on Tuesday that includes an outright ban on the acquisition and sale of killer whales.

The overhaul, to be announced by Community Safety Minister Yasir Naqvi, is based on a 125-page report by a team of scientists led by David Rosen, a marine mammal expert from the University of British Columbia. Naqvi called Rosen's report the "driver" for upcoming changes.

In a nutshell, the report concludes: "It is our opinion that the present standards of care that apply to marine mammals in public display facilities are insufficient."

In fact, it says, "there are no additional specific provisions" for marine mammals, other than the general standards of care that apply to all animals under the provincial OSPCA Act.

"This is something that Ontarians expect and these animals deserve," Naqvi said of stronger protections for marine mammals, including whales, dolphins, sea lions, walruses and seals.

It's the "right thing to do," he said.

In a Torstar News Service investigation into conditions at Marineland Canada, several whistleblowers detailed problems related to animal care at the Niagara Falls park. In the stories, first published in August 2012, these ex-employees blamed sporadically poor water quality and chronic staffing shortages at the park for the ill health, and even death, of animals at the facility.

Marineland denies all allegations.

The Rosen report recommends creating an "animal welfare committee" at each facility, reporting to the administrator but operating independently.

Naqvi said he will table laws to ban the breeding and acquisition of killer whales and create the welfare committees this spring. As well, he will bring in new rules on care — water quality, pool size, veterinary programs — through regulatory changes within six months. TORSTAR NEWS SERVICE

Early start for teaching consent best: Wynne

Ontario students should start learning how to read facial expressions and emotions as early as Grade 1 to give them the ability to understand consent in sexual relations, Premier Kathleen Wynne said Monday.

"Starting right in the primary and junior grades, kids will be learning listening skills and helping each other to pay attention to facial expressions and what they mean and whether somebody is positive or negative or happy or sad," said Wynne. "Start to learn those signals from the time they enter school so, I think, that very early you build the building blocks for that kind of interpersonal ability and intelligence."

The Liberal government backed off an attempt to update Ontario's sex-ed curriculum in 2010 after objections from some religious leaders, which means the province hasn't changed its policy since 1998.

Wynne met Monday with two Grade 8 girls from Toronto who want the concept of consent and healthy relationships built into the updated sex education curriculum due this fall.

"We're asking for it to teach a lot more than just asking for permission," said Lia Valente, age 13. "It's understanding what is a clear, enthusiastic, affirmative 'yes,' and what consent looks and sounds like, so understanding body language, facial expressions and how the lack of 'no' isn't necessarily 'yes.'"

Students want the updated sex-ed curriculum to help teach a "consent culture," said Tessa Hill, 13.

Teaching abstinence won't help young people understand about consent and healthy relations, added Hill.

TORSTAR NEWS SERVICE

Premier Kathleen Wynne met Monday with teens Tessa Hill, right, and Lia Valente of the We Give Consent campaign that seeks that the issue of consent be included in Ontario's curriculum. RICHARD J. BRENNAN/TORSTAR NEWS SERVICE

Students dance during the deaf/hard-of-hearing dance class at Northern Secondary School on Jan. 20. TORSTAR NEWS SERVICE

Breaking down barriers to dance

Northern Secondary School. Rhythmic vibrations, lights and visual cues let deaf and hard-of-hearing students enjoy a dance class

A unique program at Northern Secondary School is breaking down what some might wrongly assume is an insurmountable barrier to the joy of dancing: Impaired hearing.

The school created a dance class based on the Ontario curriculum specifically for Grade 10 and 11 students who are deaf or hard of hearing.

Tiffany Caprarella, who is teaching this year's class for another teacher on leave and has been teaching deaf and hard-of-hearing students for about 20 years, uses lights, rhythms, vibrations and visual cues on a smartboard to teach new dances.

"They can all hear sound on a vibrational level in their bodies, or feel it underfoot," Caprarella noted. "When we work on movement in class, we have a heavy bass sound system that literally makes the windows shake in class."

Quoted

"They can all hear sound on a vibrational level in their bodies, or feel it underfoot."

Teacher Tiffany Caprarella

Caprarella said the school's gym offers the best place to feel vibrations.

Besides actually dancing, Caprarella and the students talk about how movements affect one another and how people pick up movements from friends and cultures.

There are currently eight students in the yearlong class, but the program is full and it has been growing since it began four years ago.

The students have a wide range of hearing ability, from profoundly deaf to hard of hearing. Some use electronic hearing devices, and some American Sign Language. But there is a commonality among the students, as Caprarella notes that "hearing is something we do with our whole bodies."

"Movement is kind of like a wave that keeps perpetuating itself and its patterns through people, so as we interact with one another those patterns keep moving," Caprarella said.

Caprarella enjoys dancing, as her background is in physical theatre, and while she sometimes turns to music for inspiration, she admits she has had to consider her lessons from a different approach.

"It's perfectly natural for deaf and hard-of-hearing students to be dancers, but ... it did make me — a hearing person — challenge my automatic entry points into dance," Caprarella said.

Students' reasons for wanting to join the class vary, she said. "It really opened my eyes in some ways to all the different ways that somebody might be connected to dance, and I was really willing to let go of my own assumptions about why somebody might dance."

The dance class recently hosted African dancer and teacher Lua Shayenne (pictured on front page), who helped the students further explore the roots of African music, since many of the dances have roots in the African continent.

TORSTAR NEWS SERVICE

Church and Carlton streets

Man, 62, charged in stabbing attacks

A 62-year-old man is facing a total of 20 charges after six people were attacked and four of them stabbed in the Church Street and Carlton Street area.

Police say the incident began Sunday morning at about 8:30 when a man armed with a knife confronted an 18-year-old man and stabbed him in the stomach. Investigators say the man then stabbed a 45-year-old man above the kidney as he was jogging, and a 19-year-old woman in the rib area. Police say the man attempted to attack two more people and then stabbed a 28-year-old woman in the chest before officers arrived and seized the knife.

Shawn O'Neill of Toronto is charged with four counts of aggravated assault, six counts each of assault with a weapon and weapons dangerous, and four counts of attempted murder.

Investigators say none of the injuries were life-threatening and they would like to speak to anyone who may have witnessed the stabbings.

THE CANADIAN PRESS

Slain Mountie laid to rest in St. Albert

Mountie shootings.
More than 1,300 Mounties and local law enforcement gather to pay their respects to Const. David Wynn

Shelly MacInnis-Wynn, the wife of slain RCMP Const. David Wynn, and a family member lay flowers on the officer's casket on Monday during his funeral in St. Albert, Alta. Hundreds of spectators, who were encouraged to wear red, lined the parade route and waved large Canadian flags in Wynn's honour. JASON FRANSON/THE CANADIAN PRESS

The sister of an Alberta Mountie told mourners at his funeral Monday that he would want them to live life the way he did — with joy, passion and with every effort to make the world a better place.

"He would want us to throw ourselves into the things that bring us joy and to do it for him. He would want us to follow our hearts.... He certainly did that," Mona Wynn said in her eulogy before thousands at a recreation centre in St. Albert, Alta.

"David would want us to forgive. He was a peaceful man. He didn't have the time to even notice a grudge, much less hold one."

Const. David Wynn, 42, died last Wednesday, four days after he and auxiliary Const. Derek Bond were shot during a struggle with a suspected car thief at a casino in St. Albert. He was shot in the head and never regained consciousness.

The shooter, career criminal Shawn Rehn, killed himself hours later.

Wynn's sister remembered her brother as a person who brought enthusiasm to everything he did, be it scuba diving, swimming, fly fishing, spending time with his family or serving his community.

"Over the past 10 days, there has been such an outpouring of stories about Dave and obvious love for him from the people that he has touched that I have realized he was far more than I ever imagined," she said.

"Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone around him."

Hundreds of spectators, who were encouraged to wear red, lined the procession route under sunny skies and unseasonably warm temperatures. Many were holding Canadian flags, and one giant flag was strung from the erected ladder of a fire truck.

Laredo Nault, 14, travelled from Legal, Alta., with a quilt emblazoned with the quote: "No greater love than to give one's life for another."

"It kind of popped up in our minds — an officer gave his life away to protect our country, and I think that quote represents it," said Nault.

Wynn is survived by his wife, Shelly, and his three sons, Matt, Nathan and Alex.

THE CANADIAN PRESS

Transgendered rights.
Policy gives inmates' identities equal footing

Transgender inmates in Ontario will now be dealt with based on their own gender identity, not their physical sexual traits, a policy Ontario's corrections minister is calling the most progressive of its kind in North America.

Previously, inmates were put in institutions based on a person's "primary sexual characteristics." Now, they will be housed according to their self-identified gender and referred to by their chosen name rather than their legal name and their preferred pronoun.

"This is the most progressive policy on the treatment of trans inmates in North America," Correctional Services Minister Yasir Naqvi said Monday. "No other jurisdiction in Canada has such policy."

The policy builds on interim guidelines that were put in place last April, Naqvi said.

The case of a trans woman from England who was detained by the Canada Border Services Agency last February pushed the issue to the forefront as she tweeted her experiences before being detained in a men's facility, despite travelling on a passport identifying her as female.

Avery Edison was eventually transferred to a women's facility, but filed a human rights complaint about her treatment. She said Monday she couldn't comment on Ontario's new policy because her human rights case is ongoing.

Ontario Human Rights commissioner Barbara Hall says the policy helps protect the rights of trans people, who face a higher risk of harassment and violence behind bars from other inmates and sometimes corrections staff.

THE CANADIAN PRESS

Military

Special forces stop two ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefights, with Canadian troops neutralizing their attackers. This adds fuel to an already burning political debate as Parliament reconvenes, a central topic being the parameters of Canada's Iraq mission. THE CANADIAN PRESS

Employment

Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns: "This is the first time that we've heard from the federal government on this; they've been completely silent until now," said Claire Seaborn of the Canadian Intern Association. THE CANADIAN PRESS

Snowstorm could paralyze Northeastern U.S. for days

Weather. Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

A man strolls on a walking path Monday at Liberty State Park in Jersey City, N.J. The Philadelphia-to-Boston corridor began shutting down Monday as a monster storm moved through the northeast. JULIO CORTEZ/THE ASSOCIATED PRESS

More than 35 million people along the Philadelphia-to-Boston corridor rushed to get home and settle in Monday as a fearsome storm swirled in with the potential for hurricane-force winds and one to three feet of snow that could paralyze the Northeast for days.

Snow was blowing sideways with ever-increasing intensity in New York City on Monday as flurries began in Boston. Forecasters said the storm would build into a blizzard, and the brunt of it would hit late Monday and into Tuesday.

More than 6,500 flights in and out of the Northeast were cancelled, and many of them may not take off again until Wednesday. Schools and businesses let out early, government offices closed and supermarkets were hammered with shoppers stocking up on food.

All too aware that big snowstorms can make or break politicians, governors and mayors moved quickly to declare emergencies and order the shutdown of streets and highways to prevent travellers from getting stranded and to enable plows and emergency vehicles to get through.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast and up 80 km/h farther inland.

New York City's subways and buses planned to shut down completely by 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports. Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined $300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. Outside on Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was busier than Christmastime.

In yet another possible sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and chocolate-chip cookies. THE ASSOCIATED PRESS

Flying

- **Flights:** Airline travellers are going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.

Terror

ISIL praises Ottawa gunman

The spokesman for the Islamic State of Iraq and the Levant (ISIL) has praised the gunman who killed a soldier at the National War Memorial in October and is calling for more attacks. Abu Mohammed al-Adnani praised Michael Zehaf-Bibeau, who shot and killed an unarmed sentry at the War Memorial in Ottawa before storming Parliament Hill. THE ASSOCIATED PRESS

Security

Drone flight over White House raises concerns

A small drone flying low to the ground crashed onto the White House grounds before dawn Monday, triggering an emergency response and raising questions about security. A man later came forward to say he was responsible and didn't mean to fly it over the complex. THE ASSOCIATED PRESS

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50	$16	$13	$29	$20	$52	$36
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EU creditor nations hint at Greece compromise

Bailout. Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bail-out program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about $336 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavyweight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans. The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS

Industry fights sour attitude toward milk

A grocery-store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social-media campaign launching Tuesday. Milk's wholesome image is being muddied by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures. THE ASSOCIATED PRESS FILE

Faulty switch crashes

Expert determines 50 deaths eligible for compensation

With only five days left before the deadline to seek payments, compensation expert Kenneth Feinberg has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches.

Feinberg, who previously handled payments to victims of the 9/11 terrorist attacks and the BP oil spill, determined as of Friday that the families of 50 people killed and 75 people injured are eligible for payments. The fund has received 338 death claims and 2,730 claims for injuries. Of those, 58 death claims have been rejected as ineligible for compensation, as have 328 injury claims.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 80.23¢ (-0.26¢)

TSX 14,797.83 (+18.48)

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VOICES

ACCESSIBILITY FOR ALL

A Toronto woman has waited a fifth of her life for an elevator at her subway station — and the only thing stopping her wish from coming true is a lack of political will

YOUR RIDE
Glyn Bowerman

Nobody has a photo-op in front of an elevator. Maybe they should.

Our city's transit discussion is dominated by blue-sky thinking and duelling megaprojects, but arguments about ensuring the system we have is accessible for everyone rarely make headline news.

Last week, the CBC told the story of an 82-year-old woman with arthritis who has been waiting two decades for an elevator at Rosedale subway station. She's not alone.

To date, only 32 of the TTC's 69 subway stations are equipped with elevators. That's less than half, even if the existing 32 are in working condition at any given moment.

An estimated 13.7 per cent of Canadian adults reported living with a disability in a 2012 Statistics Canada survey. People with disabilities are protected by the Canadian Charter so, effectively, accessibility is a human right. And we'd do well to keep in mind there are many others, such as parents with strollers, who would share in the benefits of improved accessibility.

Not persuaded about the importance?

The TTC is also legally mandated to provide accessible service at all stations by 2025, under the Accessibility for Ontarians with Disabilities Act. Last April, the TTC reported it will not be able to meet the goal.

The service's recommended capital plan stretching into 2024 proposes $267 million for station improvements like elevators, accessible fare gates, automatic sliding doors and better signage. But, it's about $165 million short on getting the job done entirely. The plan, to date, is to hope the province will come through with additional money.

With Queen's Park trying to tackle its own deficit, we may not have time to hold out for that money.

In the coming months, city councillors will be wrestling with the 2015 city budget. In that time, there are bound to be passionate arguments about public transit.

Under pressure to keep a property tax increase below the rate of inflation, there may be items in the proposed budget that don't make the final cut.

Will our local representatives be as vocal on the council floor about elevators, and other accessibility requirements, as they have been about, say, a three, maybe four-stop subway?

Shame on us, if we kick the upgrades can even further down the track. And while we are discussing these massive transit expansion plans, will we plan to make each additional stop accessible? Will we ensure that each of the proposed 22 stops on Mayor John Tory's SmartTrack plan are accessible from opening day and on?

We have no shortage of imagination in this town when it comes to transit so it shouldn't be impossible to imagine, and build, an accessible system. It's a question of political will, and it's time we moved accessibility off the bucket list and on to the shortlist.

TTC accessibility is about more than making the service readily available to people with disabilities. People hauling everything from kids in strollers to luggage at Union Station stand to benefit from improvements. TORSTAR NEWS SERVICE

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toronto@metronews.ca

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on twitter @Banquos_Banquet

Dal whistleblower deserves gratitude, not condemnation

STEPHEN KIMBER
readers@metronews.ca

In defense of Millet

He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: Think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two female classmates they'd prefer to "hate f—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dalhousie expel all the "Gentlemen," including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume Wednesday.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward now to save his professional future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

metro
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From new infrastructure to fleet additions, GO customers will see improvements across the GTHA throughout 2015 and beyond - all to meet our region's growing transit needs and provide you with high-quality service. Here are just a few of the highlights:

- Construction is underway on the new Gormley GO Station, offering more options for riders in York Region when it opens in 2016.
- We reached a milestone of 500 GO buses in service last September, with more double-decker buses set to arrive for 2016.
- Hamilton welcomes the new James Street North GO Station - opening this summer.
- Construction begins this spring on the new Toronto downtown GO Bus terminal.

Learn about these enhancements as well as additional station upgrades, added parking, new trains and more at **gotransit.com/improvements.**

UNION STATION ATRIUM

Union Station's GO platforms now have the top portion of the new glass atrium complete. Award-winning in design, it offers more natural light, and is just one of the many projects in this exciting revitalization. Visit **gotransit.com/unionstation.**

ADDED MILTON SERVICE

On January 5, we added two new weekday GO train trips along the Milton line. This means more options and 1,500 more seats during your morning and afternoon commutes. For more information visit **gotransit.com/schedules.**

PRESTO

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PRESTO is now available on new streetcars on the 510 Spadina line and at 15 subway stations. The first phase includes four streetcar routes and an expansion to 11 more stations. Visit **getpres.to.**

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Its 3 km spur line into the UP Express station at Toronto Pearson is 25 metres high.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Emma Watson ALL PHOTOS: GETTY IMAGES

Mag blows cover on Kate

Maybe it's the result of some barely concealed commonwealth resentment toward the Crown, but Australian women's magazine Women's Day took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. Because the results — yikes!

Another one for the books: Emma to star as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as Belle in its upcoming live-action adaptation of Beauty and the Beast, directed by Dreamgirls director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

Go figure. Ariel Winter throws everyone a curve on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.

Ariel Winter

Mark Ruffalo tweets SAG Awards acceptance speech

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie The Normal Heart, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to Now You See Me. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.

Mark Ruffalo

SCENE

Songz isn't shy about success, he just gets better and better

Concerts. We chat with the smooth-talking R&B singer days before he sets out for his Between The Sheets tour with Chris Brown

EMILY LAURENCE
Metro News in New York City

Trey Songz says his secret with the ladies is just "being genuine" with them. CONTRIBUTED

Trey Songz's new single may be called Slow Motion, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the Billboard 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their Between The Sheets tour.

We talk to him about his latest successes, plus how he manages to be so damn smooth with the ladies.

Why he says Trigga is his best album yet

Songz isn't shy about his success. He says that, with each album, he just gets better and better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

His tip for always getting the girl

One listen to tracks like Touchin, Lovin or All We Do shows that Songz doesn't struggle with leaving the club alone. But he says his secret isn't using fame or bottle service, it's being genuine and honest. "It's not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

His thoughts on breakups

Not all Songz's hits are about one-night stands. What's Best For You is about moving on after a breakup, which is one of the more sensitive songs on Trigga. He doesn't seem to dwell on being broken-hearted. "It's quite simple," he tells us. "A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

On touring with Chris Brown

Chris Brown has been hyping up his Between The Sheets tour on Twitter and Instagram for months, and Songz shares the excitement, saying to expect a high-energy show. "Have you seen Chris perform? That's reason enough to go. It's going to be great."

Music

In the 1970s, size really did matter

SOUND CHECK
Alan Cross
scene@metronews.ca

I remember the day I bought my first stereo system. With $500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like Stereo Review and the annual Radio Shack catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the snipe hunt for the best speakers.

If you grew up in the '70s, you know exactly what I'm talking about. We used our stereos as a way of proclaiming our identity to the world.

Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Facebook, Twitter, Instagram, Pinterest, Snapchat, texting, DVRs, computer games, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus cable TV channels. Plenty of kids didn't even have a local FM rock station. What we had, though, was our stereos.

We bought lots and lots of records. And many of us spent crazy sums on our stereo systems, especially on speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

Now if you'll excuse me, I have to yell at some kids who are on my lawn.

Before iPhone docks, there was the stereo speaker. ISTOCK

New Kids have a few things to teach today's new kids

Boy bands. Success is all about connecting with fans, advise the veteran performers as they head out on tour

The New Kids on the Block may be aging, but they still think they can school today's hot boy bands.

The Boston-based veteran group, which announced a summer tour with TLC and Nelly last week, said contemporary boy bands should check out their live concerts to learn from the experts.

"As far as boy bands, you know, we dance, we perform. I hate to sound like an old fogey, but these kids don't know what they're missing nowadays, because we got to sing and dance for our supper, you know what I mean, and we love to do that," Joey McIntyre, 42, said in an interview at Madison Square Garden in New York City.

"So maybe a few kids could come to the show and see how it's done."

The Main Event tour kicks off May 1 in Las Vegas. Tickets go on sale Jan. 31.

In the past few years, boy bands have resurged, with One Direction leading the pack, followed by 5 Seconds of Summer. Others, from The Wanted to Mindless Behavior, have had some success.

Donnie Wahlberg, 45, said the decades-long bond between New Kids and their fans makes it worthwhile.

"I would rather have the credibility of thousands of fans and have them be happy. That's what we've learned and that's why we're still here," he said.

Wahlberg and McIntyre, along with bandmates Danny Wood and brothers Jordan and Jonathan Knight, began playing together more than 30 years ago. They said they're excited to share a stage with one of the top-selling female groups of all-time and the multi-platinum Nelly.

THE ASSOCIATED PRESS

New Kids On The Block will join TLC and Nelly on a North American tour this summer. THE ASSOCIATED PRESS

At the start of U.S. tour, Murs has Never Been Better

Interview. Singer who first found fame on The X Factor is trying to stretch his U.K. success across the pond

After his latest album debuted at number one in his native Britain, pop singer Olly Murs has set his sights on the United States and found some quirks.

Among them, Americans are more prone to tossing things on stage.

"Fans all scream and shout. The American fans, I find, they throw a lot more phones and other objects at me on stage, which was quite strange. They all wanted pictures and selfies and things like that," Murs said.

Murs, a former call centre worker from the town of Witham in Essex, became an overnight celebrity in 2009 when he appeared on the talent show The X Factor to perform a spirited cover of Stevie Wonder's Superstition.

His catchy pop hooks — and pelvis-gyrating dance moves — have helped him to sell more than 10 million copies and to pack arenas in Britain.

But his following in the United States has been considerably more modest than, say, One Direction, the boy band who became global sensations through The X Factor the year after Murs performed and later invited Murs as an opening act in North America.

Murs, speaking as he relished a sweeping view of New York from the top of the Empire State Building, said the goal of any artist was to "get your music across the world to as many people as you can."

"I think you just want to beat what you did before, even if it's only by one copy," he said.

For his fourth studio album, Never Been Better, Murs has embarked on a U.S. promotion campaign that included a performance on the morning television Today show on Thursday.

In an increasingly rare move in a globalized and Internet-driven music industry, Never Been Better is coming out in the United States, the world's largest music market, on March 10 — more than three months after it debuted at number one in Britain.

Olly Murs kicks off his U.S. tour with a cheer from the top of the Empire State Building. AFP FILE PHOTO

Never Been Better, which according to Murs' label has cracked the Top 10 in 31 countries, shows the singer co-writing more of his own music.

The opening track, Wrapped Up, is a bright dance tune with a funk rhythm and a cameo by U.S. rapper Travie McCoy. The album also features a ballad, Up, with another American star, the singer and former child actress Demi Lovato.

His upbeat music appears to be in line with his persona; his autobiography on his brief career is entitled Happy Days.

From call centre to celebrity

Olly Murs has gone from working in a call centre to touring across countries promoting his music. "It's been an amazing turnaround in my life in the past five, six years — I'm being escorted around the Empire State Building!" he says.

But the 30-year-old acknowledged that he has not been entirely free of self-doubt.

"It was a big change for me from working at a call centre to then, eight months later, I've got all these crazy things happening — new singles and a new album," he said.

He insisted that accounts of a drinking problem were exaggerated and that there was only around one month when he fell into a funk. "We all have difficult months. I don't dwell too much on it," he said. "I think it was more of a way to open my eyes, really, to what was going on around me and my career. I needed to sort it out and I did." AFP

Explosive documentary goes inside Kurt Cobain's head

Sundance. New film uses home videos, Nirvana music and personal writings to honestly tell artist's dark and tragic story

Kurt Cobain: Montage of Heck, a fiery, evocative and deeply felt look at one of rock's most misunderstood and tragic figures, presents a portrait of a man and an artist in despair with the aid of never-before-seen home videos, personal notes and archival footage. The film premiered at the Sundance Film Festival on Saturday and airs on HBO in May.

Director Brett Morgen spent eight years on the movie. The film pulsates with vitality and rage in its examination of the short life of Cobain, from his childhood in Aberdeen, Wash., to his suicide in 1994 at the age of 27.

"He just wanted to have a family. I think the perception of Kurt all these years has been so off — this whiney white male who didn't like fame," said Morgen. "It's a story of a guy who dies of a broken heart. It's a real tragedy."

The illuminating home videos range from scenes of Cobain as a happy 2-year-old, blowing kisses at the camera, to him, visibly and uncomfortably strung out and rail thin, holding his young daughter Frances Bean as his wife Courtney Love attempts to give their toddler a haircut.

Morgen uses everything from Nirvana's music, Cobain's private writings, drawings, to-do lists, animation and archived interviews to portray a complicated story.

It also does not shy away from showing both the dark and lightness of Cobain, and includes honest and heartbreaking interviews with his parents, sister, stepmother, a former girlfriend and Love.

"I didn't want to make a film about fantasy and unfortunately for the past 25 years, Kurt has represented heroin chic," said Morgen.

"It's brutal and it's ugly and it's dark and you don't want to look at it. But I felt this represented reality... it's important for the public to stop deifying him."

THE ASSOCIATED PRESS

Kurt Cobain's daughter hugs her mom Courtney Love. THE ASSOCIATED PRESS

Marilyn Manson is still bleak but now has a bit of the blues

New album. Shock rocker's artistic vision is no less violent, but his latest work taps the sounds of the Mississippi Delta

Marilyn Manson thrived on shock value as the Goth rocker and self-proclaimed Antichrist Superstar rose to prominence in the 1990s.

Now approaching middle age, Manson's vision is no less violent, but he has found a more subtle musical outlet: the blues.

The Pale Emperor, Manson's first album in three years, moves beyond the searing aggression of distorted guitars and synthesized minor chords that helped define him as he became one of rock's most controversial stars.

The opening track on the new album, Killing Strangers, starts with the heavy thump of bass and drums familiar to longtime fans but is immediately followed by a guitar that owes more to Mississippi Delta bluesmen than to the heavy metal that was Manson's most obvious influence.

The two genres are hardly strangers, as heavy-metal pioneers Black Sabbath created the band's sound from blues roots.

Manson strikes a new balance in songs such as The Mephistopheles of Los Angeles and Cupid With a Gun, with the melancholic expressivity of the blues playing off the thundering darkness of the metal rhythm section.

Marilyn Manson says he wanted to shake up his sound. GETTY IMAGES

Manson said he is drawn to the gritty quality of the blues, and wanted to shake up his sound for his ninth studio album.

"The redneck in me comes out in my voice, and it's got some old blues mixed with the very hard elements," Manson, who grew up in a working class family in Ohio, told the British metal magazine Kerrang!

While saying he wanted to preserve strong qualities in his past music, the singer who relishes shock value feared he had become too predictable.

"If there's no chaos, things are just linear. There always has to be someone who wrecks the game plan that everybody has," Manson told the magazine.

Manson has sowed plenty of chaos during his career.

His tour for his 1996 album Antichrist Superstar was full of angry passion, with Manson — decked out in horror-film-like makeup — scandalizing many Christians by tearing apart copies of the Bible on stage.

The singer came under intense attack after the 1999 massacre at Columbine High School in Colorado, where the teenage gunmen were reported to have listened to his music.

Manson, who has said that his views on organized religion were inspired by Nietzsche, steadfastly denied responsibility for the killings and insisted that U.S. society needed a scapegoat.

Manson, who recently turned 46, has not changed his world view. On Killing Strangers, he once more belittles society for a selective condemnation of violence, singing, "We're killing strangers, so we don't kill the ones that we love."

His theological views come out again on The Devil Beneath My Feet, as he sings, "Don't want your God and his higher power" and, using an expletive, "Don't need (someone) looking down on me."

Manson attributes his persona in part to his childhood as, in a seemingly ordinary church-going family, he would observe his grandfather sneaking out to indulge in bestiality pornography. But Manson was close to his mother, whose death last year affected him.

With the music pared down, Manson hinted that his more sensational stage persona may also be on its way out.

"That P.T. Barnum aspect of Marilyn Manson has sort of evaporated," he told Rolling Stone, referring to the circus legend. AFP

Single. Rihanna goes for acoustic sound with McCartney and Kanye

Rihanna, who has topped the charts with a pop-driven R&B sound, has unveiled a new acoustic song in a collaboration with Paul McCartney and Kanye West.

Rihanna released the new single, Four Five Seconds, unexpectedly January 24.

The song features the Barbados-born singer's signature robust voice but has a minimal backdrop of McCartney's guitar strumming without percussion or electronic elements, along with verses sung by rapper West.

The track is the latest collaboration between West and McCartney, who also released a song on New Year's Day after the two stars met each other in Los Angeles.

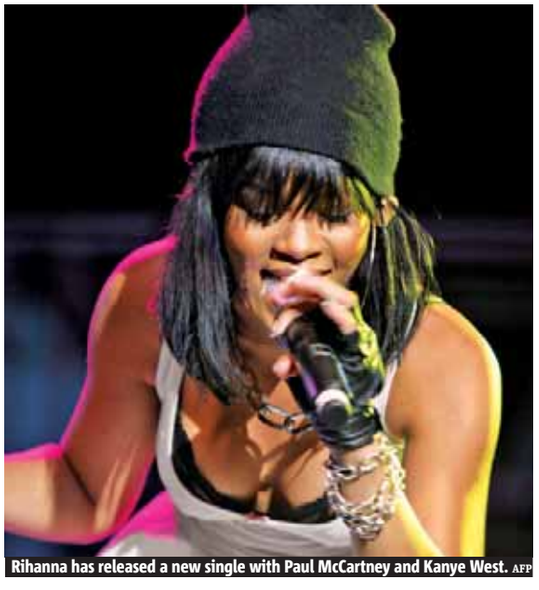
Four Five Seconds is a song about personal travails and confusion, with Rihanna singing, "We got three more days 'til Friday / I'm just trying to make it back home by Monday morning."

The song could offer hints at the directions of both Rihanna and West, who are separately expected to unveil new albums this year.

Rihanna, who has released seven studio albums, has become an international superstar with electronic-dominated songs such as the ballad Diamonds and the danceable Only Girl (In The World).

Her music has at times been overshadowed by her turbulent relationship with fellow singer Chris Brown, who pleaded guilty to assaulting her in 2009.

AFP


Rihanna has released a new single with Paul McCartney and Kanye West. AFP

Skip that detox or cleanse

Nutrition. Try eating clean instead of 'flushing your system'

Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

Fed up with yourself after all the high-calorie and alcoholic indulgences over the holidays? While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses.

"Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

"It doesn't have to be just the coloured ones. Cauliflower is just as good and mushrooms are great because they're really high in selenium which is key in terms of acting as an antioxidant in your body," says Reza, a mother of two.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says.

Probiotics, or good bacteria in the gut that help keep your immune system healthy, and prebiotics are both needed.

Probiotics are in supplements, some yogurts (check the label) and fermented foods that have been produced or preserved using good bacteria, such as sauerkraut, kimchee (Korean pickled cabbage), miso, tempeh, injera (sourdough-risen flatbread), fish sauce, sour cream, soy sauce and Worcestershire sauce.

THE CANADIAN PRESS

Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In a large pot, heat canola oil over medium heat. Cook onion for 3 to 4 minutes until it starts to soften.

2. Add garlic, broccoli, cauliflower and carrots. Cook for 4 to 5 minutes until broccoli is bright green.

3. Add curry powder, broth and salt. Bring to a boil. Cover and simmer for 20 minutes until vegetables are tender.

4. Blend vegetable mix using countertop blender or handheld immersion blender. Stir in milk. Ladle into bowls and garnish each with 15 ml (1 tbsp) kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets
- 500 ml (2 cups) diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt-added chicken broth
- 2 ml (1/2 tsp) salt (adjust to taste)
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)

Hearty Chicken Noodle Soup With Turmeric

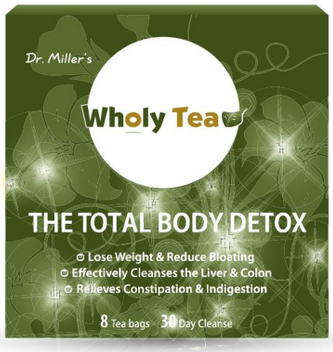
The South Asian flavours of this soup are sure to warm you on a cold winter day. Turmeric, an anti-inflammatory, can help boost your immune system.

1. In a large pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.

2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook for 3 to 4 minutes. Add broth and bring to a boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil
- 6 to 8 chicken thighs, cut into 2.5-cm (1-inch) chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice)
- 500 ml (2 cups) sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt-added chicken broth
- 500 ml (2 cups) uncooked whole-wheat egg noodles
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 50 ml (1/4 cup) lemon juice

Wholy Tea



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Snot is a vital part of your body's protective arsenal

Flu season. Nasal mucus may be gross but it's essential

Our bodies produce up to two litres of snot daily. ISTOCK

It's icky and sometimes it clogs your airwaves, making you feel like you can't breathe. We're talking about snot here.

Yeah, gross topic. But with cold and flu season in full swing, snot — or nasal mucus, as it can be more delicately described — is something many of us will experience first hand.

Here are some things you may not know about this decidedly disgusting bodily fluid:

Let's start with what might be a startling fact. We all produce quite a lot of nasal mucus every day. How much? Between one and two litres, experts say.

Snot is what's known as the mucus blanket of the mucus membranes of the nasal passages and the sinuses. For those tissues to do their jobs properly, they need nasal mucus.

The nasal passages are lined with tiny hairs called cilia, explains Dr. John Lee, a head and neck surgeon at Toronto's St. Michael's Hospital. Nasal mucus sits on top of those hairs, keeping them moist so they operate properly. It also humidifies air we breathe in.

As well, the mucus is like a fly paper strip. Impurities in the air you draw into your nasal passages — dust, pollens, and other debris — stick to the mucus so they don't get into your lungs.

The cilia wave in a conveyor belt motion, moving the mucus towards the back of your nasal passages and into your throat. You swallow it and the gastric acids in your stomach neutralize anything mucus is carrying.

Yeah, still gross. But try to think of it this way: This is one of the basic weapons in your body's protective arsenal.

When we are infected with something that triggers a cold our production of nasal mucus increases. Depending on how bad the cold is, we can feel like we're drowning in snot. So what's going on?

The immune system responds to the invasion by sending more blood to the tissues in your sinuses and nasal passages. Those tissues swell as a result, contributing to the feeling of congestion, Vescan says.

White blood cells, a critical component of the immune system, also move into the area. This inflammation of the nasal tissues stimulates increased production of nasal mucus and changes the quality of what comes out when you blow.

Some of the enzymes produced when white blood cells break down contribute to the change in colour you might see in your nasal mucus during a cold, says Dr. Allan Vescan, a head and neck surgeon at Toronto's Mount Sinai Hospital. It may turn yellow or greenish.

Lee says if nasal mucus remains discoloured for seven days or longer then suspicion grows that a bacterial sinus infection may be at work.

"At that point I would say it's worthwhile seeking medical attention to consider whether you have a sinus infection that might require antibiotics."

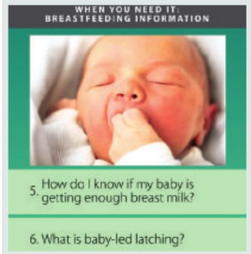
Otherwise, the options are relatively limited. You can keep plenty of tissues handy. You can use a saline nasal spray or a nasal rinse. THE CANADIAN PRESS

For your phone

WYNI – Breastfeeding Information (iPhone/ Android; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This breastfeeding guide from the University of Windsor Faculty of Nursing packages feeding and diaper trackers with useful techniques and medical information enhanced with clear diagrams and streaming demonstration videos.



Sickness

Cold weather can cause colds

Scientists at Yale University found that rhinovirus, which causes the common cold, replicates better in the cooler environment of mice's noses than the rest of their warmer bodies.

And, specific to the team's research, their immune systems mounted a less effective defense against rhinovirus when they were kept in a cooler environment.

EVA KIS, METRO IN NYC

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I've been ogling my office crush online

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I was recently browsing OKCupid and came across a very cute guy who works at my company. I've always admired him from afar, but we've only met in passing since he works in another department on another floor. I badly want to send him a message, but I'm scared it might seem inappropriate if he's not interested. How can I make a move without making things weird at work?
— Long-Distance Lurker

Dear LDL,
Online dating is an efficient way to cozy up to a faraway crush — or an efficient route to uncomfortable run-ins with an unrequited crush. When pursuing colleagues on OKC, creep carefully.

The taboos associated with online dating may be as passé as the three-day rule, but some online lovers still prefer anonymity. Learning that a real life acquaintance has peeped his profile — especially someone who knows him professionally — might irk your prospective date. You can't pretend you've never met, but you can keep things on the down-low if he prefers to remain incognito.

Before hitting send on the kissy-face emoji, attempt an in-person suss-out.

Take a break from stalking him on the internet and (subtly) stalk him in person: the elevator, the break room, wherever you can strike up real-life chitchat.

If he seems responsive in the flesh, he'll probably dig a virtual flirt.

This will only be as inappropriate as you make it. There's no way to guarantee romance, but if your approach is relaxed and upfront, you'll at least earn a new workplace pal.

Dear Metro,
I'm the manager of a team of five. While everyone on my staff is competent, one employee totally outshines the others. I don't want to play favourites, but it would be great if the rest of my subordinates could perform at the level of my star. How can I make her an example without making everyone else resentful?
— Teacher with a Pet

Dear TWAP,
There's a reason we say "playing" favourites. In the game of preferentialism, your standout staffer wins praise — while the rest feel like under-loved losers. In this case, however, it's you who might meet defeat.

Although singling out your star may seem like a team-boosting move, no one appreciates negative comparisons to their colleagues. Openly privileging one worker is more likely to kill motivation than awaken extra effort.

Instead of focusing on how Tim's performance stacks up against Julia's, focus on how each individual is improving their own work.

You can still praise your Number One, but her successes shouldn't represent the failures of others.

Pick pets at your own risk: choosing favourites won't just alienate your team from each other — it will alienate them from you.

Want to be your staff's favourite boss? Don't play favourites with your staff.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Love might be in the air, but should you bring it down to earth with the click of your mouse? ISTOCK

Education

Close your eyes to improve your memory

Eyewitnesses to crimes remember the details better when they close their eyes, according to a new study whose findings are applicable to those simply trying to remember what was on their shopping list.

What's more, establishing a rapport with the investigator helps the witness recall more details, says the study that involved 178 participants and was published in the journal Legal and Criminology Psychology.

Conducted at the University of Surrey in the UK, experimentation began when participants were asked to watch a film of an electrician stealing items from the property where he had been sent to work.

After the film, they were randomly assigned to recall the film in one of four circumstances, the first two of which were having established or not established a rapport with the investigator who would question them. AFP

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Don't squash those comfort food dreams

Dinner. This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

Ingredients

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

This stuffed squash recipe makes four servings. THERESA ALBERT

Directions

1. Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven on top shelf. Bake seeds until the squash is cooked (see step 4). Watch and turn periodically and remove if they brown too quickly .

2. Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

3. In a pot, cook onions over medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes.

4. Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.

Seeds

It's what's inside that counts

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the whole vegetable and then some. That ¼ cup of muck that you throw out has:

- 4 grams of fibre
- Contains 3 grams of protein
- The potential as a great ingredient in salads, soups or pesto sauces in place of nuts
- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a large spoon and lay on a sheet of foil. Use the back of a fork to mix in 1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, guck included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Collagen is essential for a well-functioning body

CONTRIBUTED

We are about to discover a protein that has in its structure an invaluable potential for health and well-being. Science acknowledges that collagen is the most abundant protein in the human body.

This multiple benefit protein represents about a quarter of the proteins in the body. It plays a role of support, without exception, for our tissues and organs, offering our body the necessary structure to perform its vital functions. Collagen is also essential for the proper healing of wounds.

Unfortunately, the aging process, combined with modern life elements such as an unhealthy diet, stress and lack of exercise, affects the equilibrium of this protein. This situation creates a major impact on multiple aspects of our health, making our body more vulnerable and potentially prone to illness.

Scientific breakthroughs in relation to the degenerative consequences of aging offer an interesting future perspective for those who want to improve their health and quality of life.

Collagen is present in all multicellular organs in our body. Collagen is the fibrous structural protein that makes up the white fibres (collagen fibres) of skin, tendons, bones, cartilage, and all other connective tissues. It is also found in the gelatinous substances of the body to provide stiffening properties, such as in the vitreous humor of the eye.

In other words, collagen is the natural protein that constitutes most of the body's structural support and is the primary substance of connective tissue. It is this fibrous connective tissue that holds our body together.

Collagen gives different organs and tissues their strength and their resistance to stretching. Twenty-five per cent of protein in the human body and seventy-five per cent of our skin is made up of collagen. Collagen is part of the natural composition of our tendons, ligaments, joints, muscles, hair, skin, and vital organs. When there is a lack of collagen in the body, various structures and functions are affected. Weakness, fatigue, aches, pain, and an overall lack of energy are the main symptoms that can be felt from a lack of collagen. In addition, all these symptoms increase with aging.

Besides its numerous structural properties, collagen serves as a main catalyst for growth and it participates in the repair of almost all the body's tissues. Several diseases caused by aging are related to a lack of collagen. When there is a lack of collagen, the risk of bad function and disease increase.

The production of collagen in the body slows down insidiously with age. It starts slowing down around 30 and it diminishes considerably around 50. A lack of collagen, or the inability to use it properly in our body, participates in the early signs of aging.

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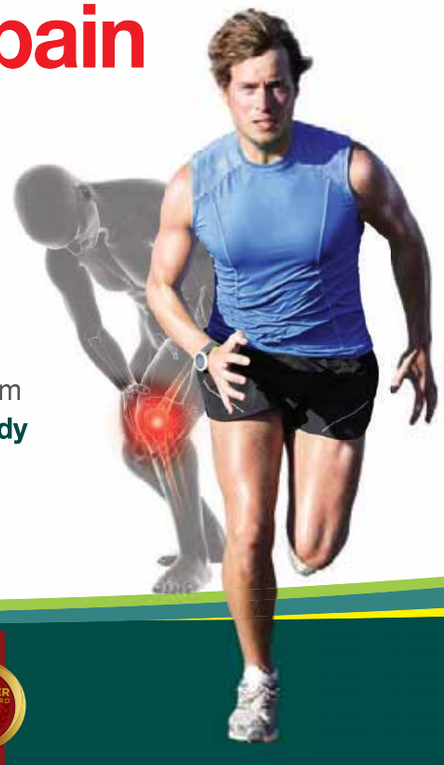

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TFC gets defensive

MLS. Toronto side signs key defenders, deflects questions about captaincy

Toronto FC addressed the issue of defensive depth with two acquisitions Monday but other questions remained on Day 1 of training camp.

Toronto unveiled Damien Perquis, signed from Spain's Real Betis, and Eriq Zavaleta, acquired via trade from Seattle, at its first workout at the Downsview Park TFC training centre.

But camp opened with a large question-mark over the captaincy.

Veteran Scottish centre back Steven Caldwell is the incumbent but all signs have pointed to American midfielder Michael Bradley taking over.

Tim Leiweke, president and CEO of MLSE, has made a point of talking up Bradley's role in helping land stars Jozy Altidore and Sebastian Giovinco.

The 34-year-old Caldwell said he would be disappointed to lose the captaincy.

"I love being captain of this football club," he said. "I've captained every team I've played for since I was 15 so it's something that I relish, I enjoy and I think I'm quite good at it. It's a great honour to be captain of any club. I don't treat it lightly. I love being captain of Toronto. So I hope to stay that."

Head coach Greg Vanney sidestepped the issue.

"We haven't really crossed that bridge entirely yet," said Vanney. "We want to see all our faces (in camp) and sit down and give the proper respect to everybody in the group so that they understand how we're going to be moving forward."

Bradley and Altidore are away with the U.S. national team until Feb. 9.

Damien Perquis, a 30-year-old Polish international, spent the last three seasons with Spain's Real Betis. GETTY IMAGES FILE

While Giovinco is scheduled to join Toronto in July after his contract with Juventus expires, there has been chatter the designated player could arrive sooner.

"He'll be coming as soon as we possibly can get him here," said Vanney.

Gilberto, meanwhile, remains in Brazil while the team sorts out its designated player logjam. Only three are allowed and Toronto has Altidore, Bradley, Gilberto and Giovinco.

With no expectation of roster rule changes, Toronto has to shed a DP by March 1.

"We're working through our options now with the league," GM Tim Bezbatchenko. "There could be a trade, it could be a loan or a transfer."

Zavaleta, a former Seattle first-rounder and Vanney's nephew, cost Toronto a second-round draft choice.

Perquis is expected to partner with Caldwell at centre back.

TFC will train the rest of the week indoors before flying to Orlando on Sunday.

THE CANADIAN PRESS

Toronto FC coach Greg Vanney fist-bumps midfielder Daniel Lovitz, who sits with teammate Justin Morrow, on the first day of training at Downsview Park on Monday. BERNARD WEIL/TORSTAR NEWS SERVICE

Quoted

"There's always more to come. The whole point is for you to look twice."

Toronto FC attacker Dominic Oduro who wasted little time on Day 1 of training camp, throwing down the gauntlet and proclaiming himself as the owner of MLS's best hair. The winger/forward in his 10th year in MLS, favours a mohawk with shaved sides and a variety of colours on top, often the red, yellow and green of his native Ghana.

MLB. Jays extend prez Beeston, end drama for now

Paul Beeston, who turns 70 this year, has had two stints as president and was famously the Jays' first employee, hired as an accountant in 1976. TORSTAR NEWS SERVICE FILE

After nearly two months of silence on the matter, Rogers Communications confirmed Monday evening that Paul Beeston will return for one more season as Toronto Blue Jays president and CEO and then retire.

Beeston's status had been up in the air since early December following reports that Rogers, the team's owner, had been pursuing a replacement, namely Chicago White Sox GM Kenny Williams and Baltimore Orioles GM Dan Duquette, who were both under contract to their respective clubs.

The Jays were engaged in negotiations with Baltimore regarding Duquette, but reportedly walked away over the weekend when Orioles owner Peter Angelos demanded a trio of minor-league prospects, including both of the Jays' 2014 first-round draft picks, Jeff Hoffman and Max Pentecost.

Quoted

"I wake up every day thinking about the game and bringing another championship north of the border." Jays president Paul Beeston

Rogers has been widely criticized throughout the weeks-long saga not only for their perceived ill-treatment of Beeston but also for the indiscreet way in which they went about their head-hunting.

Throughout it all Rogers had remained silent, until Monday.

"There were many rumours flying about, but it would have been inappropriate to comment on such matters publicly. Make no mistake — we are elated to have Paul continue to lead the team for this season," Rogers said in Monday's emailed announcement.

TORSTAR NEWS SERVICE

Sports in pictures

1

2

3

1 NBA. Kobe to have surgery

Kobe Bryant will have surgery Wednesday on his torn right rotator cuff, likely ending his 19th season, and possibly his career, with the Lakers. THE ASSOCIATED PRESS

2 NHL. L.A. lets Richards go

The Los Angeles Kings waived Mike Richards on Monday, finally breaking with the veteran centre, says an unnamed source. THE ASSOCIATED PRESS

3 Aussie Open. Genie ousted

Montreal's Eugenie Bouchard is out of the Australian Open after a 6-3, 6-2 loss to Russia's Maria Sharapova in Tuesday's quarter-final match. THE CANADIAN PRESS

Phaneuf punches his way out of Leafs lineup

NHL. Toronto captain to miss game action with a suspected hand injury following a pair of fights last week

Maple Leafs captain Dion Phaneuf is out "week to week" with a suspected hand injury as the club returns from the all-star break facing an unlikely climb to a playoff spot.

Leafs coach Peter Horachek said after practice Monday that Phaneuf was hurt in their last game against Ottawa but played through it.

Phaneuf and Phil Kessel, who was returning from the all-star game in Columbus over the weekend, both missed practice at the MasterCard Centre in Etobicoke.

The Leafs will skate again in Toronto on Tuesday before flying out for Wednesday's game against the Devils in New Jersey.

"We're hoping to get (Phaneuf) back as soon as possible," Horachek told reporters after the club recalled defenceman Petter Granberg, along with forward Josh Leivo, from the AHL Marlies.

TSN's Darren Dreger tweeted that Leafs captain Dion Phaneuf aggravated a hand injury in a fight with the Hurricane's Eric Staal on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

The six-foot-three Granberg, who shoots right and has one game of NHL experience, was drafted in the fourth round in 2010.

Phaneuf fought in each of the Leafs' last two games. He traded blows with Hurricanes captain Eric Staal in a 4-1 loss to Carolina last Monday, just the second scrap of Staal's career, then dropped the gloves with Ottawa's Milan Michalek in a 4-3 loss to the Senators on Wednesday before the all-star break.

TSN's Darren Dreger tweeted that Phaneuf aggravated a hand injury in the fight with Staal and made it worse against Michalek, but that the damage isn't structural.

In Wednesday's game, Phaneuf took a couple of whacks at Michalek, who was controlling the puck in the Leafs' end. Michalek fell, Phaneuf kept whacking away and Michalek got up swinging. Phaneuf appeared to land several blows to Michalek's face with his right hand.

Horachek said he spoke to Phaneuf and that the defenceman feels terrible about missing game action: "It's hard. He's a competitor and he wants to play."

TORSTAR NEWS SERVICE

By the numbers

-4

Phaneuf has two goals, 20 assists and a minus-4 rating in 48 games this season.

Super Bowl

Former MVP stripped of glow in title defence

Malcolm Smith stood out for always being in the right spot.

He was waiting to corral Richard Sherman's fourth-quarter deflection for the clinching interception in the NFC championship a year ago to send Seattle to the Super Bowl.

His eyes were up and focused on Peyton Manning's fluttering pass that fell into his arms for a pick in the second quarter of last year's Super Bowl. And he hustled downfield to be in position to recover a fumble in the second half, all of which added up to the former seventh-round pick becoming an unlikely Super Bowl MVP.

Fast-forward 12 months with the Seahawks back in the Super Bowl and Smith doesn't stand out as part of this Seattle defence. Slowed by an ankle injury since the off-season, Smith is still an important part of Seattle's special teams, but he rarely sees the field on defence.

In Seattle's two playoff victories, Smith was in for two defensive snaps. Both were goal-line situations in the NFC championship against Green Bay.

"It hasn't been difficult at all. I'm part of a team, that's my role. I don't see it as anything different," Smith said. "Of course it's hard not to get the reps in the game and be ready."

Of course, being MVP came with all the trappings: the day-after press conference; the parade with Mickey Mouse; a new truck. But for Smith, the only difference he felt was "people want to put mics in your face now."

"He's handled it great. I had no concern about that. He's had a lot of fun. It's been a great thrill to be able to represent as an MVP in that game. He got the truck and everything," Seattle coach Pete Carroll said. "He's worked like crazy and been there for us every step of the way." THE ASSOCIATED PRESS

Malcolm Smith recovered a fumble and had an interception in last year's championship game. GETTY IMAGES FILE

Chasing post-season berths

With an eye on the playoffs, here's what Canada's NHL teams have to do to make it. The Edmonton Oilers are 20 points out of a playoff spot and are largely considered out of post-season contention.

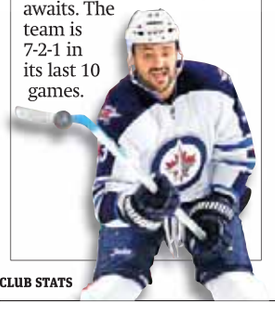
THE CANADIAN PRESS
Photos by Getty Images

Montreal Canadiens

Record: 29-13-3, 61 points; third in Atlantic Division
Chances of making playoffs: 98.8 per cent
What they have to do: Hope Carey Price stays healthy. As long as the goalie is on the ice and contributing, the Canadiens will be fine.

Winnipeg Jets

Record: 26-14-8, 60 points; first Western Conference wild card
Chances of making playoffs: 92.4 per cent
What they have to do: Don't let up, and the first playoff game in Winnipeg for this version of the Jets awaits. The team is 7-2-1 in its last 10 games.

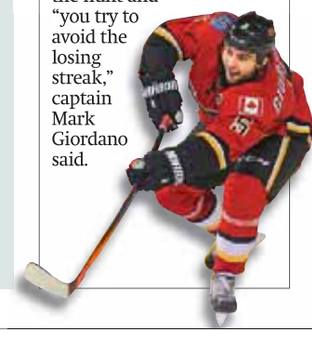


Vancouver Canucks

Record: 26-16-3, 55 points; third in Pacific Division
Chances of making playoffs: 92.4 per cent
What they need to do: Play better at home, according to all-star winger Radim Vrbata, talking about the Canucks' 11-8-1 record at Rogers Arena.

Calgary Flames

Record: 25-19-3, 53 points; second Western Conference wild card
Chances of making playoffs: 72.2 per cent
What they need to do: Beat the other teams in the hunt and "you try to avoid the losing streak," captain Mark Giordano said.



Ottawa Senators

Record: 19-18-9, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 16.7 per cent
What they need to do: Hope one of the current playoff teams falls off its current pace because erasing a 10-point deficit this late is almost impossible.

Toronto Maple Leafs

Record: 22-23-3, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 4.5 per cent
What they need to do: Get on a roll fast and figure out how to play interim coach Peter Horachek's system.

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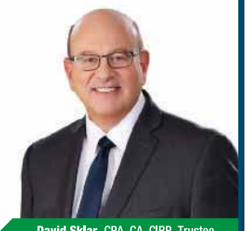
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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

♉ Taurus
April 21 - May 21
You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

♊ Gemini
May 22 - June 21
You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

♋ Cancer
June 22 - July 23
If you let partners take the big decisions today you will benefit both professionally and financially.

♌ Leo
July 24 - Aug. 23
You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

♍ Virgo
Aug. 24 - Sept. 23
Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Think more about your own needs today, especially your creative and romantic desires.

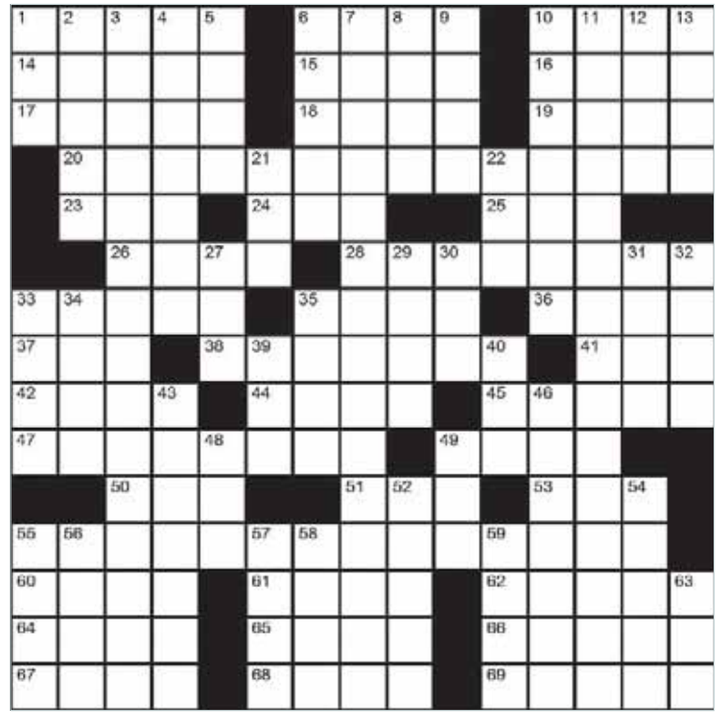
♐ Sagittarius
Nov. 23 - Dec. 21
If you listen to the advice of a well-connected friend you could make some serious money today.

♑ Capricorn
Dec. 22 - Jan. 20
The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

♒ Aquarius
Jan. 21 - Feb. 19
You will get more than one opportunity to shine today, and you could make some money too.

♓ Pisces
Feb. 20 - March 20
Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

Crossword: Canada Across and Down by Kelly Ann Buchanan



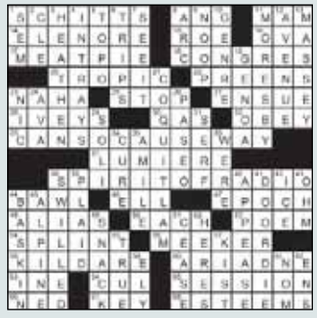
Across

1. "__ __ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French __ soup
18. __ Minor
19. Letter-writer's second li'l afterthoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley __ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's Playground'
49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I __ Tenori
55. Feathered message deliverers: 2 wds.
60. Q. "1989's 'Batman' ...was that _ __ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
64. Ostrich-like bird
65. Reasonable
66. Ballet outfit material
67. PGA part, puny-ly
68. Civil or Electrical, e.g.
69. County in England

Down

1. Groom's promise: 2 wds.
2. A decade pre-AD, __ _ _
3. Barrettes, as examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
5. Bit of Justin T.'s old group
6. Dutch cheeses
7. Makeup application problem: 2 wds.
8. 'Arthr' suffix
9. French for 'the water'
10. Course completer's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, __. _
13. Nonsense
21. Last gasp
22. Mauna __ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. __ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to __"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "__, _ don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

Yesterday's Crossword

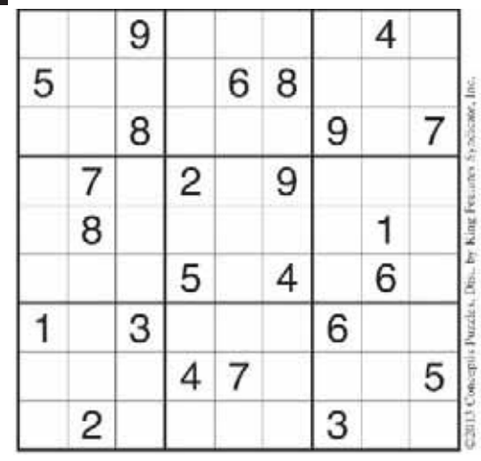


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	7	2	9	1	6	4	5	8
1	9	8	4	3	5	2	7	6
5	4	6	8	7	2	1	9	3
7	5	4	2	6	3	8	1	9
8	6	3	5	9	1	7	2	4
9	2	1	7	4	8	6	3	5
6	1	9	3	2	4	5	8	7
4	8	7	1	5	9	3	6	2
2	3	5	6	8	7	9	4	1

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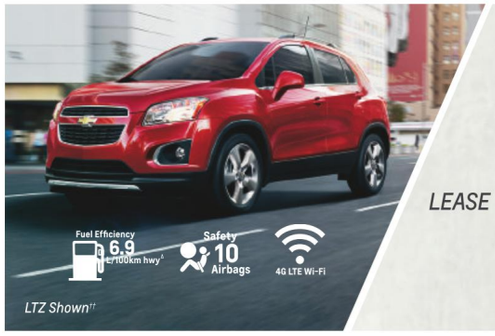
LTZ Shown††



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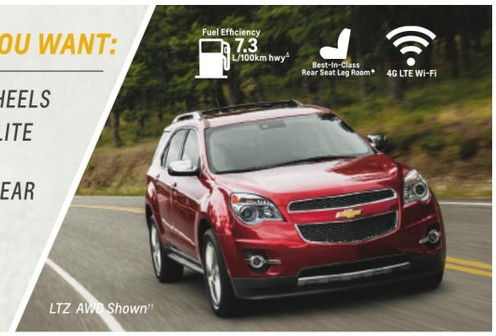

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 48 month lease for 2015 Chevrolet (Cruze LS 1SA/Trax LS FWD 1SA/Equinox LS AWD 1LS). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $1,495/$1,875/$1,600 and/or $0 security deposit is required. Total obligation is $11,828/$14,205/$17,745. Option to purchase at lease end is $9,543/$8,922/$11,535. Excess wear and tear and km charges not included. Other lease options available. ▼***Freight & PDI ($1,600/$1,650/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited, dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ΔEPA estimated. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ♣Based on WardsAuto.com 2014 Middle Cross/Utility Vehicle segment and latest competitive information at time of printing. ††2015 Cruze LTZ, MSRP with freight, PDI & levies: $28,639. 2015 Trax 1SF, MSRP with freight, PDI & levies: $30,394. 2015 Equinox 1LZ, MSRP with freight, PDI & levies: $39,164. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. 1 Offer valid to eligible retail lessees in Canada who have obtained credit approval by and entered into a lease agreement with GM Financial, and who accept delivery from January 12, 2015 – February 2, 2015 of any new or demonstrator 2015 model year Chevrolet (except 2015MY Chevrolet Colorado 2SA). City Express excluded at outset of program; will be eligible once residuals become available. General Motors of Canada will pay one month's lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPSA/RDPRM is not due. Consumer may be required to pay Dealer Fees. Insurance, licence, and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details. 2 Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada between January 12, 2015 – February 2, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $750 credit available on eligible Chevrolet, Buick and GMC vehicles (except Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, Canyon 2SA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverado's and GMC Sierra's. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 3 Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between January 12, 2015 – February 2, 2015. Credit is a manufacturer to consumer incentive (tax inclusive): $1,500 credit available on eligible Chevrolet, Buick, GMC and Cadillac vehicles (except Chevrolet Colorado 2SA, Camaro Z28, Malibu LS, GMC Canyon 2SA and 2015 Cadillac Escalade). Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 4 0% purchase financing offered by GMCL for 72 months on 2015 Chevrolet (Sonic/Cruze LS, LT, LTZ, ECO/Malibu LT, LTZ/Equinox). O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade.